Healthy Habitats for Healthy Birds

Our guest will be Doug Prather, a renowned Audubon Society member, who will speak on "Healthy Habitats For Healthy Birds."

Don’t Miss This!

What: Healthy Habitats for Healthy Birds
Who: Doug Prather, Audubon Society Member
When: Tuesday, Feb. 21th 7p.m. — 9 p.m.
Where: Kirkwood Community Center
111 S Geyer Rd, Rm #200 A/B
Kirkwood, MO 63122

The Master Gardeners of Douglas County are Hosting a FREE, one-day workshop in Kansas City on Saturday, March 4, 2023. The workshop will be led by Kelly Billings, an international water garden expert, and will feature a morning and afternoon session.

Registration is required.

When: Saturday, March 4th,
Time: 8:30 a.m. to 3:30 p.m.
Where: Flory Building on the 4-H Fairgrounds
2120 Harper St. Lawrence, KS
https://dgemgks.com/

February Meeting

What do parades, colorful decorations, and king cake have in common? You guessed it, Mardi Gras! We'll be celebrating this event St. Louis-style with some of New Orleans's favorite foods. Bring your appetite for heavy hors d'oeuvres and desserts.

So, grab your beads, shake off the mid-winter blahs, and join us for an evening of fun.
Planning is well underway for the 23rd Annual Pond-O-Rama tour. Our tour is one of the best garden tours in the summer thanks to all our members, ticket sellers, contractors and advertisers. This year the tour is on Saturday, June 24th and Sunday, June 25th from 9-5 pm each day. Our tour again is sponsored by St. Louis Homes & Lifestyle Magazine.

The Pond-O-Rama Committee would like for our members to assist in building a rapport with our ticket sellers, advertisers, and hosts. We need members to distribute ticket books to the ticket seller locations and ensure they have all the brochures and tickets needed. Any member who can assist in any capacity is greatly appreciated.

We request that ALL HOSTS complete the host form and return it to Ginny Mueller, vcmueller16@gmail.com, by February 28, 2023. Forms were sent out in a Word Document and PDF file in the member publicity email on January 31, 2023. If this is your year to open your water garden for the tour and you need a host form, please get in touch with Ginny (314-808-7000). It is always exciting to see new gardens on tour and meet new owners. You must be a member to be on tour, so now is a terrific time to renew your membership or join.

Information has been sent to all the ticket sellers and advertisers, and that information is also due by February 28, 2023. If you know of someone interested in advertising in our beautiful ticket book, please contact Ginny Mueller.

Each year Pond-O—Rama becomes bigger and better. We would love for you to be a part of our 23rd Annual Tour!
SLWGS President’s Corner

What a strange winter we are having. One week, I’m working in the yard or on the boat, and next, salting the sidewalk. Rest assured, spring will arrive again; none too soon. If you did not participate in the January zoom meeting, you missed a fascinating talk by Jo Ann Batzer: Design 101 in the Garden. Jo Ann is a great speaker and we are grateful for her time and expertise.

Laurel Walle and Kathie Soehngen are busy working on the 2023 calendar and lining up some exciting speakers and events for this year. If you have an idea and contact information for a speaker or a day trip, PLEASE let us know.

Our January board meeting was conducted by zoom with an extensive agenda. On the list of items, we expressed concern that some of the membership contact information may be wrong. To address this concern, Carol Greminger and Kathy Soehngen will distribute name tags to members upon arrival. Stop at their table, and when you receive your name tag, verify our contact information’s accuracy. Christine Ryder, our web designer contact, is helping us in redesigning the Water Word and membership format. Please note that an error in your email address will prevent you from receiving both the Water Word and any “BLASTS” sent out. Such “BLASTS” are published by Ginny Mueller, who oversees publicity. Also, if your contact email is a business email, a company filter may stop the email from getting through to you. We can talk with you individually if you’re having issues with communications.

The board also discussed the monthly Water Word newsletter. Currently, most members receive the publication by electronic mail. If you receive a hard copy by “snail mail,” we would ask you to consider receiving the newsletter by email. Gail Abernathy, editor, informed the board that we have approximately 90 members who receive their copies by mail. When reviewing the line item, the 2022 cost of printing was approximately $1548.00. Printing plus postage has forced many organizations to stop their mailings. Some members have no other way to get the newsletter and will continue to receive it through the mail. Unfortunately, without email, you will not be able to receive critical information through the SLWGS “BLASTS.”

Congratulations to Jerre Baynes as our new treasurer and Greg Heck as Vice President. Without the help and dedication of the membership and board, the St. Louis Water Garden Society would not exist.

Please note that our monthly membership meeting is on February 21st. A sign-up list will be available at the meeting if you want to bring a covered dish or appetizer in March. The Mardi Gras theme with refreshments will be very festive!

Stay warm! I hope to see you at this month’s meeting, in room 200 of the Kirkwood Community Center, at 7:00 pm.

Respectfully,
Bob Henson
President: SLWGS
Membership meetings in 2023 will be held on the dates and at the locations listed below between 7 and 9 p.m. Meetings will be held on Tuesdays at the Kirkwood Community Center, Room 200 A/B. There is an elevator.

February 21—Healthy Habitats for Healthy Birds. By Doug Prather a Renowned Audubon Society Member.


April 18th—The Art of Ichibana by Rita Zeitz. She will be demonstrating the art of Japanese floral arranging.

November 15 — Budget—Election of Vice President and Treasurer

**** Meeting Location ****

Address:

Kirkwood Community Center
Rm# 200 A/B
Fun Facts About Certain Birds

Northern Cardinals
They are in Missouri year-round. They do not migrate, but gather with other cardinals and move around to find good food sources. They usually like thick vegetation, and take short flights from cover to cover, often landing on the ground. They love sunflower seeds and enjoy insects, fruit, peanuts, and suet. They lay 3-4 speckled bluish-white eggs. Mom and Dad share the incubating and feeding duties.

House Finches
They are in Missouri year-round and move around to find food. They never travel long distances. They move around in small family units. They are red-to-orange on their face, throat, chest, and rump, and a brown cap. They eat seeds, fruit, and leaf buds and will come to seed feeders and feeders with a glop of grape jelly. They lay 4-5 pale blue eggs, lightly marked. Mom sits on the eggs and Dad feeds her while she incubates. Mom and Dad feed the brood.

Black-capped Chickadees
They are a mostly gray bird with a black cap and throat patch, tan sides and belly, and a white chest. They are in Missouri year-round, and move around to find food and shelters. They must eat every day in winter and forage for food even during the worst snowstorms. They eat seeds, bugs, and fruit, and visit seed and suet feeders. They lay 5-7 white eggs with fine brown marks. Mom and Dad sit on the eggs and feed their brood.
**Water Word** is usually published by the St. Louis Water Garden Society 10 times annually and is distributed to all members. The newsletter contains information about water gardening and fish-keeping, as well as information about SLWGS meetings and activities. Contributions of articles and photos are welcome and should be sent to the Water Word editor listed below. **Documents should be in common text formats, and photos should be in high resolution (300 dpi or higher) jpeg format.** The deadline for submissions is the first of each month.

Information about the Society, including how to join, can be found at our website, [www.slwgs.org](http://www.slwgs.org) or from any of the officers and board members listed:

### 2023 SLWGS Officers

**President**
Bob Henson  
(314) 495-4233  
hatt8v92@aol.com

**Vice President**
Greg Heck  
(314) 302-0273  
taraxacum44@gmail.com

**Treasurer**
Jerre Baynes  
(314) 775-5453  
baynes_j@swbell.net

**Recording Secretary**
Sophia Cluck  
(636) 530-1726  
rodie0415@gmail.com

### 2023 Board Members

**Publicity Chairman**
Ginny Mueller  
(314) 808-7000  
vcmueller16@gmail.com

**Special Events Chair**
Laurel Walle  
(314) 898-7216  
lollysnorkels@gmail.com

Kathie Soehngen  
(314) 894-0981  
kasoehng@sbcglobal.net

**Society Shirt Sales Chairman**
Gail Abernathy  
(314) 427-7076  
abernat@swbell.net

**Membership/E-mail Chairman**
Gail Abernathy  
(314) 427-7076  
abernat@swbell.net

**Jewel Box Chairman**
Kay Miskell  
(618) 344-6216  
km99@att.net

**Water Word Editor**
Gail Abernathy  
(314) 427-7076  
abernat@swbell.net

**Website Chairman**
Ginny Mueller  
(314) 808-7000  
vcmueller16@gmail.com

**Pond-O-Rama Chairman**
Ginny Mueller  
(314) 808-7000  
vcmueller16@gmail.com

**Parliamentarian**
Carol Greminger  
(314) 487-9119  
carolnron@att.net

**Historian**
Betsy Meier  
(636) 405-1120  
idodeck@att.net

**Hospitality Chairman**
Bev Maschek  
(314) 954-8616  
maschek@sbcglobal.net

**Member-at-Large**
Carolyn Haus  
(314) 993-0985  
chaus2016@gmail.com

Keith Haus  
(314) 993-0985  
keithhaus33@gmail.com

Jim Haegle  
(636) 349-5511  
jimhaegle@gmail.com
Time to Renew!

Membership chairman Gail Abernathy has reminded us that our membership renewals were due in January. She will be ready at the February meeting to accept your dues payment, which remains $15 per person. If your membership information needs updating, you can use the brief form at right, or download the membership form from our website, www.slwgs.org. While nonmember guests always are welcome at our meetings, there are definite benefits to membership. For one thing, all members receive one free Pond-O-Rama ticket, a $20 value. In addition, all members receive the regular issues of Water Word, and may participate in a number of special events throughout the year, including tours and field trips arranged for members only, plant swaps and access to our on-line discussion group. SLWGS member volunteers get hands-on experience in planting and maintaining a water garden that includes a wide variety of exotic water plants by working at the Jewel Box pools in Forest Park.
So bring your checkbooks and stop at the membership table to make sure you remain a member.

Members’ Corner:

We have a few birthdays in February so “Happy Birthday”

February Birthday’s

Ed Parker 2/4
Judy Krajocovic Feb
Britt Dwyer 2/8
Steve King 2/10
Crinnion 2/10
Susan Huch 2/18
Jerre Baynes 2/24

Return this form with your $15 check payable to the St. Louis Water Gardening Society to the below address!
Please Print or Type Clearly

Name(s) ____________________________________________
Include Spouse____________________________________
Alternate Name (Company or Organization) ____________________________
Address ____________________________________________________________________________
City________________________________ State ______ZIP_______
Phone___________________________________________
E-mail _____________________________________________
E-mail _____________________________________________
☐ New Membership ☐ Annual renewal
(Renewals are due annually in January)
Would you prefer to receive your copies of Water Word:
via e-mail only? Or by regular mail? Circle one

International Waterlily & Water Gardening Society

Here is the link to their site and the login information. www.iwgs.org

Login: SLWGS
Password: slwgs20
Helping to Tame Winter for Your Birds

A high-fat diet...the medical books say it’s just not good for us.

Well, it’s a good thing that birds can’t read! Because a diet in fat is an absolute necessity for many of them to survive the rigors winter.

For birds, fat is fuel. It is the most concentrated energy source that a bird can consume, and it is the only dietary component that is absorbed entirely intact by the body. Stored body fat is the primary energy supply that fuels a bird throughout the winter.

Keeping warm is costly. A bird expends about 60% of its energy, generating body heat. Songbirds may use up 75-80% of their fat reserves during a single winter’s night to stay warm. That’s equivalented to shedding and then replacing 10% of their weight in body fat every twenty-four hours.

Even in areas lacking bitter temperatures, the most overlooked winter survival challenge birds have is to endure a long period of darkness during the night. While roosting, a small songbird must sustain itself for 13-15 hours solely by using its fat reserves for fuel.

For these birds, the daily challenge is to find enough food to make it through each day and replace their fat reserves for the coming night—all in the course of limited daylight hours.

So, this is where you come in.

Have you noticed how ravenously the birds eat at your feeders during the winter, especially first thing in the morning and just before dusk? Your birds are probably taking full advantage of the high-fat foods you offer to replenish their much needed fat reserves.

High-fat foods are a critical necessity that you can provide your birds to help them survive the challenges of winter. By providing a reliable source of these foods, such as all types of suet, you can truly make winter a little tamer for your backyard birds.

**Birds-Go Wild Spread:**
1/2 cup raisins
1/2 cup granola
1/2 cup oatmeal
1/2 cup cheerios
16oz jar smooth peanut butter

**Directions:** Mix dry ingredients in a large mixing bowl. Warm the peanut butter in the microwave or place the jar in warm water to soften. Scoop out the softened peanut butter, and mix well with the dry ingredients until smooth.

Spread on tree bark or smear dollops on the tray of a feeder.
Let’s Start Dreaming about our Garden

I’m sure we all have started to get those catalogs to get our juices flowing for planting this spring. It is amazing how many new plants appear every year in those magazines. I just got one the other day from Brecks which I am sure most of you have. Did you notice some of the new Hostas and ground lilies they had? Let me show you a few of the pictures. They are very unique.

The top two pictures are of a Hosta called First Blush Very different.

The bottom left Hosta picture is called Raspberry Sundae.

The right picture is of a pollen-free Roselily mixture.

Can you picture these somewhere in your garden this year?

Events Around Town

Jan 28-Feb 26 - Orchid Show, Missouri Botanical Garden

March 3-5 - Home & Garden Show, America’s Center & The Dome

March 3-5 - Art in Bloom, St. Louis Art Museum

April 14-16 - Home Show, St. Charles Convention Center

May 14 - Iris Show, Missouri Botanical Garden
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If you have these in your garden, you know they will start to bloom before the snow is completely gone like crocuses. The common name is Lenten Rose (Hellebores). They come in a various of colors.